



**BRAVE  
BOUNDARIES**



# News & Updates

## January 2026: Using Your Voice & Internet Safety

### Teacher's Corner

We hope you enjoyed a joyful and restful holiday season!

As we begin a brand-new year, we're excited for all the learning, growth, and creativity that awaits you and your amazing 3rd graders.

This is also a great time to set a few simple self-care goals—whether it's taking a mindful pause during the day, keeping a gratitude note nearby, or carving out a few minutes each week just for yourself. Remember that small, consistent moments of care can make a big difference in your energy and well-being.

Your dedication truly shapes the classroom experience in meaningful ways. Thank you for all you do, and here's to a bright, energized, and inspiring New Year ahead!

### Safety Tips for Students

**Never share your passwords** with anyone except a safe adult. Not friends, not classmates—only grown-ups.

**Keep personal information private.** Things like your full name, address, school name, phone number, and birthday should not be shared online.

**Ask a safe adult** before signing in to a new website or typing any information into a form. Adults can help make sure the site is safe.

**Be careful with photos and videos.** Only share pictures online when a trusted adult has approved them, and never post anything that shows your location or personal details. Make sure that the only people who can see your pictures are people you know and trust.



### And the winner is...



Drumroll, please! We're excited to announce that our giveaway winner is Tammy Dougan, a 2nd grade teacher at Cedar Hall!

Tammy brings the magic to the classroom every day, and now it's her turn to be celebrated.

Congratulations, Tammy—we hope this prize adds a little extra sparkle to your school year!

Thank you to everyone who participated!

### Remember!

If a student discloses, **STOP** and **contact DCS** immediately at **800-800-5556**



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# Story & Activity



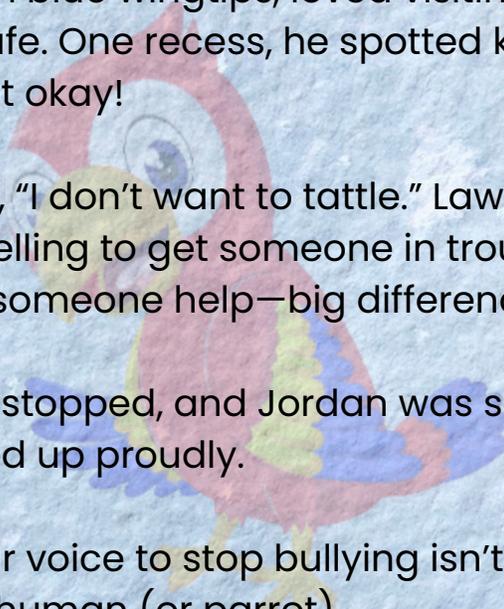
## Lesson from Lawson

Lawson, a bright red parrot with blue wingtips, loved visiting Pine Grove Elementary to help kids stay safe. One recess, he spotted kids teasing Jordan during tag. Squawk! Not okay!

Maya saw it too but whispered, "I don't want to tattle." Lawson fluffed his feathers and said, "Tattling is telling to get someone in trouble. Telling about bullying is telling to get someone help—big difference!"

Maya told Ms. Kim, the teasing stopped, and Jordan was safe. Jordan later thanked her, and Lawson puffed up proudly.

Lesson from Lawson: Using your voice to stop bullying isn't tattling—it's being kind, brave, and a good human (or parrot).



## Safe or Not Safe? – Ice Safety Edition

### How it works:

The teacher reads winter scenarios aloud.

Students show their answer with MOVEMENT and call out "Safe!" or "Not Safe!"

### Movements:

Safe = March in place like a proud penguin

Not Safe = Freeze like an icicle (arms straight, no wiggling!)

### Example Scenarios:

"You see a frozen pond and decide to walk on it without an adult."

Students: Freeze like icicles! – "Not Safe!"

"You see ice on the sidewalk and walk slowly like a penguin to keep from slipping."

Students: Penguin march! – "Safe!"

"You tell a grown-up if you see a friend getting close to ice."

Students: Penguin march! – "Safe!"

"You run across an icy patch on the playground because it looks fun to slide."

Students: Freeze like icicles! – "Not Safe!"

"You tell a teacher if you notice a slippery spot near the school entrance."

Students: Penguin march! – "Safe!"

